

Claims: I Claim:

1. Modified whole grain corn alone is blood level controlling.
2. Said modified whole grain corn has two models.
 3. Said model number 1 is whole grain corn softened in water.
 4. Said model number 2 is whole grain corn ground into 3 definable fineness; fine, medium fine and course; being 2 millimeters in diameter.
5. The modified whole grain corn in Claims 1, 2, 3 and 4 is processed in temperatures less than 160° F.
6. The modified whole grain corn in Claims 3 and 4 have a design use to be followed.
7. The quantity of modified whole grain corn in said design use is 5 grams of carbohydrates.
 8. Said 5 grams quantity in Claim 7 is used: 6 AM, 9 AM, 12 noon, 3 PM, 6 PM, and at bedtime.
 9. The total consumption in said Claim 8 is 30 grams of carbohydrates in 24 hours.